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Health and wellness

Throughout the twenty-six years of my life, the six dimensions of wellness have helped me out a lot. There are six dimensions of health, which are, physical, emotional, intellectual, spiritual, environmental, and interpersonal. By me looking at all the characteristics of each dimension, I know I need to work on improving in all six dimensions, but I do have some strengths, I think I can say. Emotional, intellectual, and interpersonal are my strengths. My real deep weakness is Environmental. I would consider Intellectual health my top strength because I have a very outgoing sense of humor and always open to new ideas. I also have self control and self confidence. I am always looking at new ideas from people and even coming up with my own. I always will enjoy life and keep my head up and look forward toward the future. I am emotionally well because I have discovered how to think positive.

At first my all of my decisions were in the negative. With me growing and understanding the way of life my decisions became better and more cheerful. Since I have a positive mind about myself I hope I would become successful. When growing up until now, I had friends that always put me down in their own way. Enough was enough I had to drop them friends and I started to head for success. I had a few bumps in the road but I am still standing while they are falling.

My interpersonal health is strong because I have great customer service skills. I work well with others and I get along with everyone. I was always told that I was an easy going person by many friends that I had surrounded myself with over the years. If you have a problem

that needed to be resolved, and then come to me and we can work it out. Do not go around telling lies because then that makes me look bad, then with the lies you tell, no one would want to be friends with me. That is why I just keep my head up and try to make the best out of everything I have learned through the years.